



BEE CAVE *Messenger*

VOLUME 10, ISSUE 5

MAY 2019

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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HILL COUNTRY GALLERIA MAY EVENTS & HAPPENINGS

SATURDAY NIGHT CONCERT SERIES

Saturdays, May 4, 11, 18, 25 and June 1 at 7 p.m.

Hill Country Galleria is wrapping up its popular Saturday Night Concert Series in the Central Plaza with the last show on June 1. The series will continue in the fall from September 14 through October 12. Guests can sit back, relax and enjoy this free event with family and friends on the Central Plaza. Guests are encouraged to bring blankets or chairs to lounge on the grassy lawn during the show and arrive early to shop and dine at Hill Country Galleria retailers and even get their meal delivered straight to the Central Plaza. Austin City Limits Radio will be the host. Events are free and open to the public and dogs are welcome.

May Lineup

May 11 - Chubby Knuckle Choir

The Chubby Knuckle Choir officially formed in 2009 in Bastrop, Texas, a town which each band member has called home at one time or another. The original members include Perry Lowe, Tres Womack, and Rory Smith, singer-songwriters and multi-instrumentalists who all come from varying musical and geographical backgrounds; the result is a freewheeling live sound which blends country, bluegrass, R&B, and swamp blues. In the past five years, this creative group has earned comparisons to acts like The Gourds, the Wood Brothers, and Asylum Street Spankers, and has steadily built a dedicated fan base that's drawn to the Choir's joyful noise.

While other musicians stay beholden to genre and specific song arrangements, The Chubby Knuckle Choir's music changes with every performance. It's this spontaneity and constant willingness to experiment musically that makes them one of the most unique and compelling bands in Texas today.

May 18 - Mayeux & Broussard

Mayeux was born in Monroe, Louisiana, and raised in the Texas hill country. A far-out front-porch philosopher with a lazy drawl, Mayeux writes songs with a blissful haze that harkens back to the cosmic cowboys of Austin's psychedelic past. And there's Broussard, who hails from the Gulf Coast refinery town of Port Arthur, TX. A well-honed musician with serious guitar chops, Broussard grew up on blues, jazz, and his Grandma's zydeco records. He writes hard-edged songs with a swampy, dirty stomp and gut-wrenching realness. While they're no strangers to small-town honky-tonks and dancehalls, Mayeux and Broussard play with a gritty intensity that makes them stand out like a sore thumb from most of the Texas country music scene, as exemplified by the eccentric lineup of a recent hometown show - a bill with Austin metal-heads The Sword at the well-known indie rock venue Emo's.

May 25 - Dale Watson

Dale Watson, keeper of the true country music flame, latest album "Call Me Insane," was recorded in Austin with veteran producer Lloyd Maines (Robert Earl Keen, Jerry Jeff Walker, etc.). The Austin-based honky-tonker carries on in the tradition of Johnny Cash, Waylon Jennings and Willie Nelson with his "Ameripolitan" brand of American

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IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance	911
Police Department	512-314-7590
Sheriff – Non-Emergency	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Lake Travis Elementary.....	512-533-6300
Hudson Bend Middle School	512-533-6400
Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary	512-533-6350
Serene Hills Elementary	512-533-7400
Bee Cave Elementary.....	512-533-6250
West Cypress Elementary	512-533-7500

UTILITIES

Travis County WCID # 17.....	512-263-0125
Lakeway MUD	512-261-6222
Hurst Creek MUD.....	512-261-6281
Austin Energy	512-322-9100
Pedernales Electric.....	888-554-4732
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Time Warner Cable	
Customer Service.....	512-485-5555
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Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library	512-767-6620
Municipal Court	512-767-6630
Lake Travis Postal Office.....	512-263-2458
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave	www.beecavetexas.com

NEWSLETTER PUBLISHER

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Bee Cave Messenger

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roots music. Since the release of *El Rancho Azul* in 2013, Watson's profile has risen considerably via appearances on *The Late Show* with David Letterman (CBS), *Austin City Limits* and *The Sun Sessions* (PBS) and as a guest on NPR's *Wait Wait... Don't Tell Me*. A veteran touring artist and consummate entertainer, he is on the road more than 300 days a year. He also put his money where his heart is and took over ownership of two struggling Texas honky-tonks, the Little Longhorn Saloon in Austin (home of Chicken \$#!+ Bingo) and The Big T Roadhouse in St. Hedwigs (outside San Antonio). If not on the road, he and His Lone Stars perform at one of them each Sunday.

June 1 - Dawn & Hawkes

The last Saturday night concert of the season will feature Dawn & Hawkes. Dawn & Hawkes initial duo effort, *Golden Heart*, climbed to No. 25 in Billboard's Folk chart, landed at No. 2 in iTunes singer-songwriter albums and kicked off a whirlwind of cross-country touring and co-writing. They recorded their second album, *Yours and Mine*, in between tour dates with influential artists Alison Krauss & Dan Tyminski, Patty Griffin, Old 97s, Robert Earl Keen and showcased at festivals like *Austin City Limits*, *Folk Alliance*, *AmericanaFest*, *South By Southwest* and *TEDx* on tours in the US and abroad in Denmark, Germany and Australia. Though not without moments of sobering reflection, *Yours and Mine* is a celebration of life's genuinely beautiful moments that make us want to take another breath and another step – despite uncertainty. Acoustic Guitar hails the musicality of *Yours and Mine* as “impeccable vocal harmonies and instrumentation,” and *Huffington Post* summarizes: “Transcendent alternative-folk — you will find yourself craving more from this amazing, dynamic duo.”

MAY WINE WALK

Thursday, May 9 from 5 to 9 p.m.

Hill Country Galleria is hosting its monthly Wine Walk on May 9 from 5 p.m. to 9 p.m. This event is open to everyone and perfect to bring family, friends or a date for a fun way to spend a Thursday evening, shopping various retailers and discovering great wines. Participants will start at Twin Liquors to pick up a map that is both a guide to the walk and a ticket for each wine walk stop. The Wine Walk's last stop will be a restaurant so wine-walkers can sit down and end their walk with dinner. May Wine Walk stops include YOGA & GOGA, H&M, Lure by Y&F, fab'rik, The Ginger Man, and more.

FREE COMMUNITY YOGA CLASS ON THE LAWN

Sunday, May 19 from 3 p.m. to 5 p.m.

YOGA & GOGA at Hill Country Galleria is hosting a free community yoga class on the Central Plaza lawn starting at 3 p.m. on Sunday, May 19. Guests will enjoy a 60-minute regular yoga class followed by a reception of refreshments and raffle prizes at the YOGA & GOGA studio (in S-115 near Whole Foods) after class. Ages 8+ are welcome with a parent or guardian and reservations for the free spots are highly encouraged by signing up [HERE](#). Raffle prizes at the reception include items from Kendra Scott, an Elite Core pilates session, GOGA Goat Yoga gift certificates, a one month unlimited yoga membership to the studio, and more.

GOAT YOGA AT YOGA & GOGA

Saturday, May 11 and 25 at 10 a.m., 11 a.m. and 12 p.m.

Hill Country Galleria will be hosting goat yoga at YOGA & GOGA on Saturday, May 11 and 25 at 10 a.m., 11 a.m., and 12 p.m. Tickets are required for each person attending classes, regardless of age. Only those participating in class with a ticket will be allowed inside the studio during the classes. Unlimited monthly members at YOGA & GOGA may show up to any of the times listed above. This event will benefit SAFE Austin, with 100% of proceeds from t-shirt sales being donated to the organization. The studio is located at S-115, two doors down from Chisos Grill. Participants will need to bring their own mats, sign a waiver and photo release prior to participating in class, and have a ticket to enter the studio. Tickets can be purchased [HERE](#).

PUBLIC SAFETY MEMORIAL WEEK CELEBRATION

Saturday, May 18 from 1 p.m. to 4 p.m.

In honor of National Public Safety Memorial Week, the community is invited to join in at Hill Country Galleria's Central Plaza for a hometown celebration with the community's public safety officials. Guests can look forward to meeting the Bee Cave Police Officers & Lake Travis Fire Rescue Team, explore safety vehicles on display, free hot dogs and lemonade compliments of The Ginger Man, fun backyard games and face painting, and more.

MOTHER'S DAY BRUNCH OPTIONS

Sunday, May 12

Cafe Blue is offering a special buffet of omelets, shrimp, prime ribs, oysters, and more. Pricing is \$41.95 for adults, and \$15.95 for children 12 and under. Now accepting reservations online [HERE](#).

Buenos Aires Cafe is now accepting reservations for Mother's Day brunch, which includes a variety of appetizers, salads, sandwiches, and plated entrees.

The Ginger Man at Hill Country Galleria also offers brunch every weekend from 11:30 a.m. to 3 p.m.

PEACE & PIXIEDUST FASHION SHOW

Tuesday, May 7 at 7 p.m.

On Tuesday, May 7 at 7 p.m., Hill Country Galleria will be hosting the Peace & Pixiedust Fashion Show in Parking Garage A, Level 4. Guests will enjoy hors d'oeuvres, a silent auction, giveaways and more starting at 7 p.m., with the fashion show to follow at 8 p.m. showcasing stunning fashion and accessories from local boutiques. Tickets are available for advance purchase for \$20 and will benefit beLydia, a non-profit that uses hospitality and awareness to prevent child sex trafficking.

CONTRACOMMON DRINK & DRAW

Thursday, May 2 at 7 p.m.

Contracommon is hosting its first Drink & Draw event, where Austin area artists are invited to stop by the studio to hang out, sketch, and have fun. Guests must be 21 or older to enter, BYOB is encouraged.

NOW ENROLLING: THE HIVE SUMMER CAMP

Summer Camps from June 10 through August 9

The Bee Cave Arts Foundation's new facility at Hill Country Galleria, The Hive, is now enrolling for its Summer Camp series beginning in June. The Summer Camps will focus on creative and fun ways to explore the world of art, with an emphasis on experimentation, creative thinking, and problem-solving skills. Students will think, plan, play,

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create, reflect and share their art work at an exhibition at the end of the week. Every week is different and early enrollment is highly encouraged. The Hive hosts exhibitions by professional artists, student art shows and features a kid's imagination area and a classroom for all ages. Those interested in learning more can visit <http://beecavearts.org/bc/classes/summer-art-camp/>.

ONGOING: CAMP GLADIATOR FREE WORKOUTS

May 4, 11, 18, and 25, 9 at 10 a.m.

Camp Gladiator is hosting anyone over the age of 14 for free workouts in the Galleria's Central Plaza every Saturday. Join Camp Gladiator to experience their boot camp-style community workouts. Recommended to bring water, a towel and a mat.

ONGOING: LONE STAR FARMERS MARKET

Sundays, May 5, 12, 19, 26, from 10 a.m. to 2 p.m.

*Note: Hill Country Galleria will open at 12 p.m. on Sundays, with some restaurants and services opening earlier.

Hill Country Galleria is home to The Lone Star Farmers Market. This event hosts the same great vendors as before and also offer face painting and other kids' activities along with live music. Rain or shine, The Lone Star Farmers Market will be there, providing local produce to the community. More information can be found at www.lonestarfarmersmarket.com.

Attention Parents of Graduating Seniors!

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2019 GRADUATING SENIORS



Marion Webb, age 17, will be graduating from homeschool, One Day Academy, and ACC dual credit classes this May. She will be continuing to attend ACC next year to get some prerequisites out of the way before going on to earn her degree in Dance and Musical Theater Teaching and Choreography.



Sophia Boyer will be attending Oklahoma City University to pursue a Bachelor of Fine Arts in Acting.



Madison Harrelson (Cover) was in Austin, Texas in 2001, shortly after she moved to North Carolina and then to an Antonio in 2003 finally to return to "home" in Austin in 2013. She will graduate from Lake Travis high School in May and Attend Texas Tech University in the fall where she will major in Business. Her parents are Wendi Harrelson and Dr. Steve & Michele

Harrelson, she has one sister Austyn who is a sophomore at Lake Travis High School. Madison has been very active in Lake Hills Church and has served as a youth summer counselor. She is also Kardivas mentor, nanny, and intern at Corrective Chiropractic. She loves her friends, family, enjoys traveling, and looks forward to her college experience.



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CPRIT VIEWPOINT

Before I was a five-time survivor of an extremely rare head and neck cancer, the Cancer Prevention and Research Institute of Texas (CPRIT) was unknown to me. Now I know how fortunate I am to not only live in a state with incredible cancer care but one that's invested in cancer research.



Texas voters approved the creation of CPRIT in 2007 and has since awarded more than \$2.1 billion in grants and touched lives in every county through prevention and screening programs. CPRIT allowed Texas to be a leader in the cancer landscape, and now that status is in jeopardy without legislative action this session.

I don't know if I'd be here today if not for the unparalleled care I received at MD Anderson – possible with the help of CPRIT. That's why this month I testified before the House Public Health Committee.

In 2013, a CPRIT-funded grant allowed more precise imaging and dose delivery of proton radiation that affected the way my treatment was delivered. That precision completely eradicated a plum-sized tumor from my head.

Due to the invasiveness of my original tumor, I was told I would unequivocally lose both my eyesight and hearing on the right side if I were to receive traditional radiation. Today, I proudly can say I've lost neither. Another CPRIT grant, this one related to the efficacy of proton therapy to spare healthy tissues and reduce side effects, validated what I already knew, when my sight was spared. But cancer is tough, and I've fought a long battle against two metastases to my liver and one to my kidney.

My story doesn't end there. Last July I received my fifth cancer diagnosis when it returned in my jaw. There were no treatment options for several months, because there are no proven systemic treatments for adenoid cystic carcinoma – and there are no clinical trials. My tumor is again inoperable, but again I've connected with a physician benefitting from CPRIT funding.

Dr. Jack Phan of MD Anderson was the direct recipient of a 2015 CPRIT-funded grant studying Stereotactic Based Radiation Therapy (SBRT) as a first line treatment for some head/neck cancers. Dr. Phan enrolled me in his re-irradiation trial, which I completed this past October – which might not have been possible without the earlier CPRIT grant.

I tell you all this to stress the direct impact CPRIT has had on saving my life, but much more can be done.

Allowing an innovative program like CPRIT to fall by the wayside would be tragic. We can't afford to miss out on opportunities to bring cutting-edge cancer research and potentially lifesaving therapies to the Lone Star State. I hope my legislators, Rep. Vikki Goodwin and Sen. Dawn Buckingham, support action (HB39, HJR12 and SB438) that will

extend its life beyond the initially committed \$3 billion over 10 years.

If Texas stops funding CPRIT, research infrastructure may come to a grinding halt – jeopardizing lifesaving prevention programs, local jobs and lifesaving therapies. Contact your local legislators as well. Cancer patients, survivors and those yet to be diagnosed are counting on Texas.

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Bee Cave Messenger

A Great Night of Art at The Hive

By The Bee Cave Arts Foundation

The reception for the Capitol Art Society Exhibition didn't only feel like a gallery opening, but a festive community event for all. The gallery was filled with live music, hands on activities, painting demonstrations, laughter, and, of course, spectacular works of art. The exhibition showcases everything from delicate watercolor pieces to bold oil paintings by members of the CAS and LTISD employees. Also featured are works of art created by students from Hudson Bend Middle School, Bluebonnet, Alpha and Lake Hills Montessori schools.

The atmosphere in the gallery was welcoming to all; there were activities for children and adults alike. The adults could watch the live painting while the kids could draw and put on puppet shows. Despite the impressive artworks and stunning displays, the sense of community and togetherness in The Hive was the true star of the show. People of all ages and walks of life were brought together by celebrating art and creativity. After all, isn't that what art is all about?

Visit The Hive by the Bee Cave Arts Foundation Wed-Sat 1-6 pm in the Hill Country Galleria across the street from Barnes and Noble. For more information about upcoming events, summer camps, classes, membership and volunteering go to www.beecavearts.org



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NEWS FOR WCID 17 Customers

Water District 17 will be starting two (2) times per week summer mandatory outdoor watering schedule on May 1st. Know your designated watering days and times and follow the schedule to limit your consumption and save money.

FOR ALL CUSTOMERS: NO IRRIGATION ALLOWED BETWEEN 10:00 a.m. – 7:00 p.m.

CUSTOMERS LIMITED TO 2 DAYS PER WEEK

**Residential: May 1 – September 30 Commercial: Year Round
AUTOMATED IRRIGATION WATERING SCHEDULE**

Automated: Irrigation by means of a system controlled by a timer or other remote controller.

Allowed to water BEFORE 10:00 a.m. and/or AFTER 7:00 p.m. on your designated days

Your days based on address ending number:

Monday & Thursday - 0, 1, 2, 3 (Res)

Tuesday & Friday - 4, 5, 6 (Res) and Commercial / HOAs

Wednesday & Saturday - 7, 8, 9 (Res)

Sunday - No automated systems allowed

Note: Customers that utilize automated systems may NOT water the same landscape areas using

hose end sprinklers; only hand held hose if additional water is required.

HOSE END SPRINKLER – ANY DAY

Hose end sprinkler: Garden hose equipped with a removable portable sprinkler which is moved from place to place by hand and turned on and off by hand.

Note: Only for Customers who do not have automated irrigation systems

Allowed any day, no watering between 10:00 a.m. and 7:00 p.m.

Notes:

* Watering with HAND HELD hose, soaker hose, bubbler, drip irrigation or watering can of 5-gallons and less is allowed any day, any time

* Climate driven irrigation controllers should be turned on

* No other water uses are restricted under this Stage (Car washing, pool refills, use of outdoor fountains, etc – allowed)

* Variances may be granted under this Stage

Important Tips for Landscape Watering:

Get on the correct schedule as soon as possible. If you have an irrigation system, make sure it's in good working order and the settings are adjusted correctly. Check to see if your system is set to run more than one cycle per day.

Calculate and understand how much water your irrigation system is using each time it runs a full cycle. You can do this several ways.

- **Exact Calculation** - Shut off all inside uses, take a meter reading, run a full irrigation cycle and then take another meter reading. Subtract the first reading from the second **to get the exact** number of thousand gallons used per each cycle.

- **Approximate Calculation** - Add the total number of run minutes for all zones then multiply by 12 gallons per minute (average system use) **to get the approximate** amount of thousand gallons used for one cycle.

Examples:

8 zones x 50 minutes per zone = 400 minutes per cycle

400 minutes x 12 gallons/minute = 4,800 gallons per cycle

If you then water two (2) times per week –

4,800 gallons/cycle x 2 cycles per week = 9,600 gallons per week

If you water two (2) times per day on both watering days, (2 cycles/day) you are watering four (4) cycles per week -

4 cycles/week x 4,800 gallons/cycle = 19,200 gallons/week

19,200 gallons/week x 4 weeks = 76,800 gallons/month

Add the amount calculated to your estimated use in the home (approximately 4,000 – 5,000 gallons per month for two persons) to determine your total approximate usage.

If you think your usage is too high, lower the number of minutes watering each zone runs. Should your first spring bill seem too high, pull out this sheet and recalculate your usage. Still have questions; give WCID 17 staff a call to help you out: 512-266-1111.

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LTlov is gearing up for giving!

A big shout out to our fundraisers and our donors who together raised more than \$10,000 for LTlov in the Amplify Austin event! This fundraiser along with corporate and community donations enables us to help our Lake Travis neighbors overcome limiting circumstances.

The LTlov Scholarship Committee has been busy reviewing scholarship applications. Each year, we are honored to provide scholarships to Lake Travis High School graduating seniors to help defray the enormous cost of pursuing a degree in higher education. This year, we are excited to announce that we have expanded our scholarships to include any accredited program including vocational, trade or technical schools.

The Grants Funding Committee has been busy reviewing over 10 applications. LTlov members will be voting to fund during their May meeting. Last year, LTlov invested over \$50,000 in annual grants and program funding for local organizations to help our neighbors in need.

Project Supply Pack is in full force! LTlov is now accepting school supply requests for economically disadvantaged students within LTISD. Please see our website for more details www.ltlov.org



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**None of the studies reviewed above alter the conclusion of Professor Britton's 2014 review for PHE. While vaping may not be 100% safe, most of the chemicals causing smoking-related disease are absent and the chemicals which are present pose limited danger. It has been previously estimated that EC are around 95% safer than smoking. This appears to remain a reasonable estimate.

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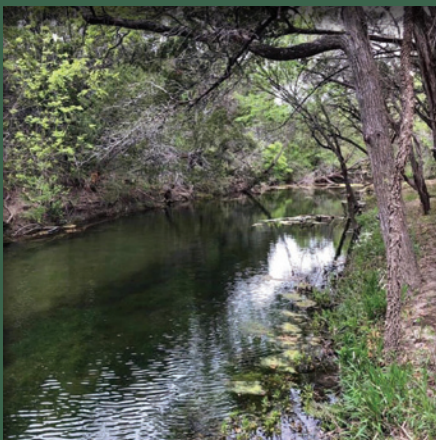


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Bee Cave Messenger

Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria, and

filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets, and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters,

flowerpots, and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians, and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves, and long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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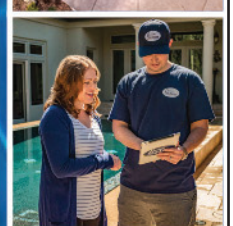
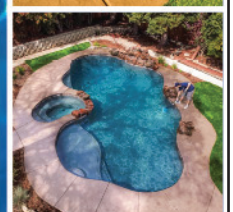
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NATURE WATCH

DISTINCTLY DIFFERENT MILKWEEDS

by Jim and Lynne Weber

Much ado has been made of the more common and widespread milkweed species, but there are a handful of milkweed vines that are less common but more distinct, and just as useful as native host plants for Monarchs and related butterflies.

A fairly robust, twining vine 6 to 12 feet long growing in dry, light shade in thickets on rocky hillsides and woodland edges, Pearl Milkvine (*Matelea reticulata*) is best known for its heart-shaped leaves and flat, greenish-white flowers $\frac{1}{2}$ to $\frac{3}{4}$ of an inch across with pearly, iridescent centers. Also called Green Milkweed Vine, Net Vine Milkvine, and Netted Milkvine, its curious flowers have tiny white veins forming an intricate pattern on the surface of the petals, adding to their unusual look. In fact, *reticulata* refers to this pattern, which means 'resembling a net or network'. It blooms from April to July, especially in full sun, giving way to fairly large, interesting prickly follicles filled with seeds attached to silky threads. This native species is a host plant to Monarch butterflies.



Often mistaken for Pearl Milkvine is Plateau Milkvine (*Matelea edwardensis*), endemic only to the Edwards Plateau of Central Texas. This uncommon vine shares the same twining habit of Pearl Milkvine, but its leaves, while similar, generally have a somewhat wavy edge, and its flowers are bell-shaped instead of flat. Additionally, its greenish-white flowers do not have a pearl center, and its petals are not solely reticulate-patterned, having parallel veins in their lower halves and centers, and

reticulate or networked veins only on the edges or margins. Blooming in April and May, this species can be found on gravelly soils in open woodlands, often climbing on other plants, and it is a native host plant for Queen butterflies.



Usually found in the chalky soils of pastures and open ground, Purple Milkvine (*Matelea biflora*) has low-growing stems that radiate along the ground from a woody rootstock, and along with its opposite, triangular leaves, are covered with long, spreading hairs. From March to June, pairs of star-shaped, five-petaled, dark purple-brown flowers rise from the base of the leaves, which gives this plant its other common name of Star Milkvine. While its trailing stems can

grow up to 2 feet long, it inhabits grassy areas and as such is often hidden and overlooked, except by Queen and Soldier butterflies that use it as their native host plant.

Named for a small town in Chihuahua, Mexico, Talayote (*Cynanchum racemosum*) or Milkweed Vine is a climber that grows to 15 to 20 feet in full sun to part shade, and is a native host plant for both Queen and Soldier butterflies. Talayote produces clusters of small cream and green flowers that are held above and among the heart-shaped leaves, blooming in the hotter months from summer into fall, and attracting a host of other small but beneficial pollinators. Growing only in Central, South, and West Texas in the United States, this vine produces plump, smooth follicles 3 inches long, filled with silk-topped seeds, often remaining on the vine well into winter.



Take the time to seek out and appreciate these lesser known members of the Milkweed family, as they are beautifully and distinctly different!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, *Nature Watch Austin* and *Nature Watch Big Bend* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com



Bee Cave Messenger

Avoiding Homeowner Scams

Series of Free Educational Seminars Provide Answers to Late-Life Issues

The truth. It's what Austin residents want concerning late-in-life issues like Communicating with Adult Children, 55+ Senior Living Options, and Liquidating the "Stuff", or Buying, Building, or Remodeling your "final" home.

These topics, along with others, will be presented in the upcoming over 55 seminar series as 90-minute monthly educational seminars. Adults 55+, seniors, and caregivers are invited to attend the free "Avoiding Homeowner Scams" seminar to learn the actual facts about issues related to home ownership and post-retirement living in the Austin area.

With all the mail, email, and unsolicited phone calls, it is becoming more and more difficult to determine what is legitimate and what might be a scam! Scammers often utilize public information pertaining to home ownership to take advantage of responsible property owners.

This seminar will be held at:

*May 21 @ 10:30 AM at Laura Bush Community Library, 9411 Bee Cave Rd, Austin, TX 78733

This series of candid conversations and expert panel discussions about the unique and often complex issues facing long-time

homeowners is to be moderated by Cyndi Cummings, considered the leading authority on issues related to downsizing, late-life relocation and (55+) senior living solutions in Austin. Cyndi has made it her mission to educate and guide both consumers and professionals on best practices related to post-retirement living.

This month's speaker is Mark Webb, Consumer Protection Specialist: "I spent three years in the private insurance industry as a sales agent and adjuster before joining the Texas Department of Insurance in 2013 as a consumer protection specialist. I've worked with just about every line of property coverage while at TDI. Our Mission is to regulate the insurance industry fairly and diligently while providing consumer protection and insurance education to Texans."

The 55 Plus Seminars Series continues with "The Truth About Communicating with Adult Children" on June 12th and 18th and "The Truth about 55+ Housing Options" On July 10th and 16th. More topics will be introduced as the series continues.

There is no cost to attend for those age 55 or older. Reservations can be made online at www.55PlusSeminarSeries.com or by calling 512-937-2772. Space is limited and pre-registration is recommended.



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POSTURE TIPS FOR MOMS AND DADS

Mike McTague PT, DPT, OCS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for many parents. Below are some quick tips to avoid overstraining your spine and other body areas.

LIFTING YOUR CHILD FROM THE FLOOR

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body. Tighten your stomach muscles, push with your legs, and slowly return to the standing position. To place your child onto the floor, the same half-kneel technique should be performed.

CARRYING/HOLDING YOUR CHILD

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

PICKING UP TOYS FROM THE FLOOR

As a parent you will too often be involved in cleaning up after your child. When picking toys up from the floor, keep your head and back straight, and while bending at your waist, extend one leg off the floor straight behind you. This is often called a “golfer’s lift”, as you may see some “seasoned” golfers retrieve their ball from the hole this way.

LIFTING YOUR CHILD OUT OF THE CRIB

If your child’s crib has a rail that lowers, you will want it in the lowest position when lifting your child out of the crib. As you lift, keep your feet shoulder-width apart, knees slightly bent. Arch your low back and, while keeping your head up, bend at your hips. With both arms, grasp your child and hold him or her close to your chest. Straighten your hips so you are in an upright position, and then extend your knees to return to a full stand. To return your child to the crib, use the same technique and always remember to keep your child close to your chest.

PUSHING A STROLLER

When pushing your child in a stroller, you will want to stay as close to the stroller as possible, allowing your back to remain straight and your shoulders back. The force to push the stroller should come from your entire body, not just your arms. Avoid pushing the stroller too far ahead of you because this will cause you to hunch your back and shoulders forward.

Children and parenting are stressful enough. Focus on proper body movement and enjoy those kiddo’s without unneeded aches and pains.



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